

Abstract

Title: Use of workout programme in fitness in reduction period

Objectives: Objective of diploma thesis is to find out changes in body composition of six clients, who workout in fitness center for five months. Diploma thesis is focused on changes of fat mass and muscle mass (ATH).

Methods: In this thesis was used a method of analysis scientific literature. After that there was used qualitative research by fitness programme, which was used on six clients to find out changes of body composition after five months of workout. The workout was focused on a fitness-strength workout in fitness centre for five months, consisting of two or three training sessions per week, every training session lasts 60 minutes.

Results: Clients consist of 4 men and 2 women. Age of men was in a range of 19 to 49 years, final body weight was in a range of 76kg to 103kg, body height was measured from 174cm to 187cm. Age of women was 45 and 55 years, , final body weight was 75,5kg and 61,9kg, body height was 162cm and 163cm. Men decreased their fat mass in a range of 1,7 to 5,6kg, changes of ATH were measured in a range of +0,6kg to -1kg. Women decreased fat mass 6kg and 2,3kg down, ATH measurement results were +1,1kg and – 1,8kg. The intervention which was based on workout in fitness centre plus changes in nutrition created significant changes in body composition.

Key word: Energy, metabolism, nutrition, physical activity, fitness, fat mass, muscle mass